



STONEY ACRES FARM
COMMUNITY SUPPORTED AGRICULTURE

“....try the mustard, - a man can't know what turnips are in perfection without mustard.”

- Mark Twain

News from the Farm

Welcome to Stoney Acres CSA Week 2, 2020! In my obligatory “farmer talking about the weather” portion of the newsletter I’m happy to report that this spring has been ideal for planting. Earlier this week, we had an outstanding group of people--worker shares and my regular crew--and we weeded all day! We got through rows of onions, carrots, strawberries, among other crops. The beds were in really great shape before we got a much-needed soaking rain. My crew is looking a little different this year. While Stin is back and better than ever, our old friend “Hippy Pirate” Alex left for a different opportunity. Two new crew members, Alex Radke and Brian Johnson have joined me for the season and they’ve been instrumental in getting this year off to a productive start. Lori and Kevin have been coming up from Marshfield and doing lots of heavy lifting--especially with frozen pizzas, which I have been grateful for. I’ve also been grateful for my kids who were a huge asset, especially during the early season. Riley was fast at filling trays, and Ted is already very skilled in the greenhouse with seeding. And Maple--well, Maple brings the fun! They are the very best part of family farming! **Have a delicious week- Tony, Riley, Ted and Maple**

In Your Box

Lettuce head
Salad Turnips
Green garlic- Use like garlic, it’s milder, make a pesto
Spinach
Bok Choi - my favorite stir fry green
Microgreens - Great as salad, garnish, or sandwich topping
Radishes

Next Week’s Best Guess:

scallions ,carrots , beets, kohlrabi, bok choy, spinach

Pizza specials of the week – Vegginald Vel-

Johnson- Roasted cherry tomatoes, garlic sauce, caramelized onions. **Ben**

Franklin Soaking Food –

Stoney sausage, peppers, caramelized onions, ajued oyster mushrooms. **Ramona the Pesto** – Basil pesto base, maple cured flecked ham, roasted cherry tomatoes, arugula and parm in post. **Blue Oyster Cult** – Carr valley blue cheese, stoney sausage, ajued oyster mushrooms, garlic sauce **The Kassandra Sepeda** – Bacon, green garlic sauce, micro-arugula, and shaved parm in post; **Athens Greek**—spinach, feta from Nasonville dairy sausage, Kalamata olives, & red onion

Farm to Table Recipes Gleaned by Tony and Katie

Mixed Greens~and Green Garlic~Pesto (From Katie): When I first started CSA, my biggest challenge was to use everything in the box every week. The one area that I struggled with was all the green “tops” from things like turnips, radishes, etc. I found a recipe for mixed greens pesto, and it’s a tasty way to maximize your share. Blitz in your food processor: Greens (about 3 cups), 2 T grated parmesan (I like a bit more), green garlic, a handful of nuts or seeds (optional), and olive oil until you like the consistency (I start with about 1/3 cup), salt to taste. Tony starts with oil and adds greens until it’s the consistency he likes. I love to eat this over pasta (with Stoney Sausage), and it’s also good in soups or mixed in with other veggies. Freezes well.

Grilled Pork Chops and Bok Choy with Sesame Garlic Glaze (From Asparagus to Zuchinni). Combine 3 Tb. Soy sauce, 1 1/2 T sesame oil, 1 1/2 t chili garlic sauce in plate. Coat 4 chops in marinade. Grill 3-4 min each side. Meanwhile, grill bok choy stalks until tender (quartered or halved) until tender, basting in remaining marinade.

OVERVIEW OF VEGETABLE STORAGE

Keep this information someplace handy, and watch the newsletter for specific weekly instructions. I suggest storing many vegetables in plastic bags, but feel free to use any moisture-proof container. Some CSA members report good results storing leafy greens and other produce in cloth bags.

ARUGULA. (medium-sized bunch of green leaves with pungent scent). Refrigerate in a plastic bag.

BASIL. Basil will blacken if stored in the refrigerator. It is best stored at room temperature, with the cut ends in water. You will receive either a bunch of individual basil stems or one sturdy branched stem. The branched stems may wilt if left intact, so cut off the individual stems and put them in water.

BEANS. Refrigerate in a plastic bag.

BROCCOLI. Refrigerate in a plastic bag.

BRUSSELS SPROUTS. Refrigerate in a plastic bag. When appropriate, snap the sprouts from the stems, then refrigerate.

CABBAGE. Refrigerate.

CARROTS. Carrots will store for many weeks if kept in a plastic bag in the refrigerator.

CAULIFLOWER. Refrigerate in a plastic bag.

CELERIAC. (This is the knobby, ancient-looking root that smells like celery.) It will store in your refrigerator for months.

CUCUMBERS. Store cucumbers in plastic bags in the warmest part of your refrigerator. The plastic bags are especially important for the thin-skinned Divas and pickles.

DAIKON RADISHES. These long white radishes are another Asian vegetable. Daikon will store in the refrigerator in a plastic bag, for at least two weeks. The skin might darken with time, but it can be peeled off, if you wish EDAMAME

SOYBEANS. Remove the pods from the stems promptly and refrigerate. Discard the stems and leaves. EGGPLANT.

Store eggplants at room temperature for 2 – 3 days for best flavor. If holding for longer than three days, store in the warmest part of your refrigerator. Eggplants do not store well for long periods of time. Keep the thin-skinned Japanese eggplants in plastic bags.

FENNEL. Refrigerate in a plastic bag. Both the bulb and leaves can be eaten.

GARLIC. Store at room temperature.

GREENS (kale, collards, mustard). Refrigerate in a plastic bag.

HERBS (except BASIL. See BASIL entry). Refrigerate in a plastic bag.

LEEKs. Leeks will store at least 2 to 3 weeks if refrigerated. The outer leaves may yellow. Just peel them off and discard. The inner leek tissue will be fine.

LETTUCE. Store in a plastic bag in the fridge. See spinach.

MUSKMELON. Muskmelon should be refrigerated if not eaten within 2 or 3 days.

NAPA CABBAGE. Napa will last at least two weeks if refrigerated in a plastic bag. Discard outer leaves if they begin to wilt. Cut off chunks as you need them.

ONIONS, STORAGE TYPES. These can be stored at room temperature in a cool, dry spot. Do not place in a plastic bag. Watch the newsletter with the deliveries; we will indicate if the onions need refrigeration.

ONIONS, WALLA-WALLAS. Unlike other onions, these should be stored in the refrigerator, where they will keep well for several weeks.

PARSNIPS. Refrigerate in a plastic bag. PEAS. Refrigerate and plan to eat promptly. , PEPPERS. Refrigerate.

POTATOES. Can be stored at room temperature or in a cool spot, but must be kept in the dark. This is especially important with the white potatoes. If we send them to you in a plastic bag, take out of the plastic bag as soon as you are home. Put in a paper bag or cover with a cloth.

RHUBARB. Refrigerate in a plastic bag.

SALAD TURNIPS (bunched white roots). Store in a plastic bag in the refrigerator. The greens are good cooked. If you don't plan to eat the greens, then separate them from the roots in order to keep the turnip roots fresh longer. SPINACH stores well if the leaves are dry. Rinse the spinach, then spin dry in your salad spinner. Trust me, this makes a big difference. Refrigerate in a plastic bag.

STRAWBERRIES. Fully ripe berries should be eaten immediately, or stored in the refrigerator.

SWEET CORN. Sweet corn is best when fresh, so we encourage you to eat it ASAP. Refrigerate and keep in a plastic bag if husked.

SWISS CHARD. Refrigerate in a plastic bag.

TOMATOES. Tomatoes should be stored at room temperature! Fully ripe tomatoes can be refrigerated for a few days. We often send tomatoes in a plastic bag. Remove them from the bag when you get home.

TOMATOES, HEIRLOOM TYPES. Store at room temperature and eat promptly. These are the most perishable tomatoes.

WATERMELON. Intact watermelon can be stored at room temperature for up to one week. Refrigerate the watermelon once it is cut.

WINTER SQUASH. Store at room temperature. Do not refrigerate.

ZUCCHINI and SUMMER SQUASH. Zucchini is another vegetable that needs to be refrigerated, but does not do well in very cold temperatures, as it will soften and form pits in its surface. Keep these squash in a plastic bag in the warmest part of your fridge